

## **Residents of Alaskan Assisted Living Homes Hypothetical Examples**

### *Average Assisted Living Home Resident*

Female, age 78, widow, one adult son who lives out of state. She has lived in Alaska most of her adult life and chooses to remain instead of relocating nearer to her son. She has diabetes, heart and respiratory illnesses (chronic heart failure and chronic obstructive pulmonary disease). She suffers from mild depression and short-term memory loss. She was hospitalized recently for uncontrolled diabetes and is no longer able to live alone. Poor circulation from the diabetes has caused some gait problems and she currently uses a walker to ambulate. She has occasional incontinence due to the inability to walk quickly.

She needs supervision and some physical assistance with all ADLs. She needs help bathing and washing her hair, and minimal assistance getting dressed. She is at risk of falling and needs help stabilizing herself when arising from a bed or chair. The assisted living home will provide assistance with daily medication and a special diet to help control her diabetes.

### *Maximum Level of Care Assisted Living Home Resident*

Male, 67, with a history of substance abuse and severe respiratory illnesses with recurrent bouts of pneumonia that require hospitalization. No family or other informal supports. Bed and wheelchair bound, maximum assistance required with all ADLs, including Hoyer lift for transferring from bed to wheelchair and bath. Resident is high risk for bed sores, frequent turning and skin monitoring necessary. This resident has a gastrostomy tube for feeding and all medications are administered through tube. He is incontinent of bowel and bladder.

A similar example would be a male, 44, with advanced Multiple Sclerosis. He has a wife and three children in the community, but they are no longer able to care for him at home due to his high care needs and their other responsibilities. Requires maximum assistance with all ADLs and has some paralysis and seizure disorder. Resident is on antidepressant medication and has frequent mood swings that make it difficult to care for him.

### *Maximum Assisted Living Home Resident with Dementia*

Female, 92, in the advanced stages of Alzheimer's disease. This client has family in the community, but is no longer able to recognize them. She is able to ambulate and has few other physical health problems. She has a poor appetite, is unable to chew and has difficulty swallowing. All food must be pureed and she needs physical assistance to swallow. She is incontinent of bowel and bladder and is afraid of bathing. She is often agitated and can be verbally abusive. She has difficulty sleeping and often gets up in the night and wanders around, trying to get out of the house.

### *Minimum Assisted Living Home Resident*

Male, 76, with high blood pressure and coronary artery disease, past history of mild strokes. He has never been married, and has only a few friends that visit infrequently. He has some right side paralysis that inhibits his ability to perform his ADLs without supervision. He is able to eat on his own, but cannot prepare meals. He is still able to handle his own financial affairs and makes his own medical appointments. His primary needs from the assisted living home are supervision and cueing.